

June 15, 2005

Today is Wellness Wednesday!

Lunch and Learn: Helping those you love quit smoking – without nagging

Today's Lunch and Learn session will feature information to help nonsmokers support smokers who want to kick the habit. The session begins at noon in the cafeteria.



The addiction to nicotine is strong and smokers wanting to quit need support and encouragement. Jan Beauchamp will discuss methods to offer genuine help in a kind and supportive manner to smokers trying to quit. The 20-minute presentation and role playing activities will be followed by a 10-minute question-and-answer period.

Lunch and Learn is sponsored by the Cabinet's wellness committee.

Keep watching Focus on Wellness for more Lunch and Learn announcements. Sessions will be held weekly throughout June.

Get Moving CHFS! Celebration of Success

On Thursday, June 9, First Lady Glenna Fletcher and Cabinet Secretary James W. Holsinger Jr., M.D., led employees on a one-mile walk to mark the success of the Get Moving CHFS! program.

The following links will provide information on the event.

- For the full story on the Celebration of Success, visit <http://chfs.ky.gov/olpa/dc/focus/spot2.htm>.
- A photo gallery of the event is located at <http://chfs.ky.gov/agencies/os/wh>.
- The final team totals of the PAM Report are available at <http://chfs.ky.gov/olpa/dc/focus/fw>.

Thanks to all who participated in Get Moving CHFS!. This project is a great success because of you.

Upgrade your diet with five tips for added nutrition

By Anya Armes Weber

For those not already in the habit, eating healthy is easier to do if it's a gradual change. Here are five ideas to help make the transition without giving up some foods you enjoy:



Slim down your salad. We can feel really proud about choosing salad as a meal entree or side item, but the fatty dressings we slather on top often cancel out the health benefits of leafy greens and fresh vegetables. Try a low-fat oil and vinegar dressing, lemon juice, plain low-fat yogurt – or no dressing at all.

Try spinach instead of lettuce. Compared to iceberg lettuce, spinach packs more of a nutritional punch. It's a great source of iron, calcium, folate, copper, fiber and several vitamins. Use it in tacos, salads, sandwiches and wraps as a substitute for less nutritious lettuce.

Go nuts with your cereal. Add a handful of walnuts, sliced almonds or pecans to your morning cereal. You'll get added protein and a shot of healthy fats. Plus the crunch may help you wake up!

Choose whole wheat over white. Next time you shop for bread, select a brand made with whole wheat flour rather than enriched white flour. Whole wheat provides significantly more nutritional value than white bread because it includes the wheat germ and bran. "Enriched" means that more than a dozen natural nutrients have been destroyed during processing and a few synthetic ones have been added. Look for whole wheat crackers, pasta and sandwich buns, too. Read labels carefully!

Can the soda. Soft drinks may be loaded with caffeine, carbonic acid and sugar. Sugar adds empty calories to your daily intake. If you're a soda addict, start slowly by subbing out one drink a day and replacing it with water flavored with a slice of lemon, unsweetened iced tea or no-sugar-added juice.

Integrating fitness into your everyday lifestyle without even thinking about it!

By Barbara Fox

Now that the first phase of Get Moving CHFS! is completed, you may be losing momentum and even looking for excuses not to continue the physical activity habit. There are ways, however, to maintain your fitness level without feeling that you have to find time just for exercising. Fitness can be integrated into your lifestyle with simple tasks like:

Park and Walk

When running errands, park your car as far away from your destination as you can walk without distress. At the mall, park at the end opposite from your destination and



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walk the length of the mall. Use every opportunity to walk and at the end of the day, it will all add up to better fitness.

Walk Your Pet

Once you make walking your pet part of your routine, it will come naturally to you and you will probably look forward to it. Walking your pet gets you outdoors in the fresh air and helps you become more familiar with your neighborhood and the people in it. Your pet will enjoy the activity, sights, sounds and smells – and just being with you.

Visit a State or Local Park

Take time to visit a state or local park and explore the hiking trails and other opportunities for physical activity. The commonwealth has many excellent park facilities to visit!

Take the Stairs

Instead of riding the elevator or escalator at work, try taking the stairs. You will be proud of yourself when you make it to the top without becoming winded!

Work in the Yard

Working in your yard or garden doesn't have to be tiresome, tedious work! Split the work into sections and have others help out. Try to focus on the outcome by remembering that those seeds you plant today will result in a bountiful garden full of healthy vegetables in a few weeks! Working outdoors close to nature will also relieve stress.

By following these tips, you can begin to incorporate exercise into every part of your daily life without taking extra time out of our busy day!

Long-term Care Ombudsman provides tips for families and friends of nursing home residents

Just about everyone who visits with residents of nursing homes and other long-term care facilities can use his/her visits to help ensure loved ones are receiving the best care possible.

"Family members, friends, faith-based groups, advocates and others are a crucial source of support for nursing home residents," said John Sammons, state long-term care ombudsman in the Cabinet for Health and Family Services. "These visitors can make a big difference in the quality of care residents receive."



The long-term care ombudsman program is pleased to pass along some suggestions to help visitors advocate effectively for residents of nursing homes and other long-term care facilities.

- **Be familiar with staff members.** Know their names, roles and responsibilities. Find out who is in charge of various areas of care and how grievances are addressed. Those assisting with the placement of a loved one in a facility should ask to see a copy of the facility's survey report to learn about any past problems in the facility. Read the resident admission agreement carefully, noting what services are provided and under what circumstances the facility might discharge a resident.
- **Educate the facility staff about your loved one.** Convey to staff the resident's personal preferences, daily routines, activities, habits and other information and work with them to develop an individualized care plan that takes these factors into account. Care plans should encourage and enable residents to achieve or maintain the highest practicable level of physical, mental and psychosocial well-being.
- **Pay attention to the care provided and how it impacts residents' conditions.** Be aware of changes in a resident's hygiene, mood, energy level, weight and other indicators of care and well-being. Try to determine if noticeable changes are due to deficiencies in care. Observe the responsiveness of staff to resident requests for assistance and whether staff members treat the resident with kindness, patience and respect.
- **Report concerns and problems to staff members in a timely manner.** When concerns or problems arise, first express concerns to persons directly involved. If first efforts result in no action to resolve problems or concerns, report your concerns to staff supervisors.
- **Document your concerns and actions taken to report and resolve them.** Write down the names of those involved, dates, times and details of events, names of all those to whom the problem or concern is reported, any steps taken to remedy the problem and the outcome.
- **Request a care plan meeting with appropriate staff.** At this meeting, focus on expectations and outcomes you would like to see and how those goals can be accomplished. Care plan meetings should result in a concrete strategy that provides the type and quality of care appropriate for the resident and identifies those responsible for implementing the plan.
- **Be assertive, persistent and confident, but respectful, in interactions with staff.** Clearly state any concerns and how you'd like to see them resolved. Remember that as consumers, you or your loved one should expect high-quality services. By treating staff

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with respect, you will help establish a productive problem-solving atmosphere.

- **Organize a resident or family council with other concerned residents or family members.** Resident and family councils can be effective and powerful tools for maintaining a consumer voice in the facility and for addressing facility-wide concerns with administrators.
- **Seek outside help if the facility doesn't resolve your concerns.** Anyone who witnesses any instance of severe neglect or abuse should immediately call the Elder Abuse Hotline at 1-800-752-6200. Complaints and care problems of a less urgent nature may be directed to the state or local long-term care ombudsman program or the Inspector General for the Cabinet for Health and Family Services at (502) 564-2800.

For additional assistance solving a problem within a facility, or for help advocating for resident rights and establishing resident and family councils, contact the Kentucky long-term care ombudsman at 1-800-372-2991.

Tennis workshops begin this week at East Frankfort Park

The City of Frankfort Parks and Recreation will offer tennis workshops beginning this week at East Frankfort Park. Two workshops are held each Tuesday and Thursday evening for the next four weeks. A session for beginners starts at 5:30 p.m. and another for intermediate players starts at 7 p.m.



Pre-registration is not required. Interested parties need only arrive at the appropriate time to participate.

If you are unable to attend this round of workshops, another four-week session will begin on July 12.

Participation fees are as follows:

- Youth 13 and under - \$25
- Adults - \$30

Please pay the fee for the entire session at the first workshop. Checks should be made payable to Frankfort Parks and Recreation.

For more information, call (502) 875-8575.

CHFS 5 a Day Challenge to begin July 5

The CHFS 5 A Day Challenge nutrition project officially begins July 5.

The CHFS 5 A Day Challenge seeks to increase to five or more servings the quantity of fruits and vegetables employees and their families eat each day. The program will offer helpful hints and nutritional information to further support already compelling evidence that eating fruits and vegetables can improve overall health and may reduce the risk of cancer.



Keep reading Focus on Wellness for more news on the CHFS 5 A Day Challenge launch as well as other health and wellness activities during the interim period leading up to the 5 A Day Challenge.